

Resources for Parents & Caregivers

Youth today have additional safety concerns in their lives due to the rise of social media and the internet. Check out these resources for education and tips on how to keep your children safe in today's digital world.

Social Media Safety:

- Visit NetSmartz for a variety of online safety tools for educators, parents, and kids at www.netsmartz.org
- Explore Google's Interland with youth grades 2-6 for an interactive website with games focused on different aspects of age appropriate digital safety at https://beinternetawesome.withgoogle.com/en_us/interland
- Educate yourself (and the youth in your life) on Snapchat and Instagram safety. Use these helpful links to find safety tips:
 - Snapchat: <https://www.snap.com/en-US/safety/safety-center/>
 - Instagram: <https://help.instagram.com/667810236572057>

Sexting:

- Familiarize yourself with the Cyber Tipline and how to report any child sexual exploitation at <https://report.cybertip.org/>
- Find discussion starters, tips, and additional resources regarding sexting at <https://www.netsmartz.org/sexting>

Sextortion:

- Educate yourself on what sextortion is at <https://www.stopsextortion.com/>
 - Watch the "Stop Sextortion" cat video with your child and have a discussion
- Explore Thorn's research and awareness surrounding sextortion at <https://www.thorn.org/sextortion/>
 - Thorn also focuses on child sex trafficking and child pornography. Check out their website for additional resources

If you see something, say something!

Call 911 and the **National Human Trafficking Hotline: 1-888-373-7888**. Calling the National Hotline alerts an Iowa human trafficking specialist so they can follow up and ensure proper action is taken. Never attempt to intervene on your own- it is dangerous for you and the victim.

Action Steps for Parents & Caregivers

Monitor your child's activity online

Many predators look for victims online and they will do and say anything to win your child's affection and make them think they are on their side. Most often the child will go willingly because the recruiter and/or trafficker has made them believe they love them and understand them better than anyone else.

Talk about the dangers with your child

- Talk about being smart online and what your child shares on social media
- Have ongoing discussion about what constitutes safe, healthy friendships and relationships
- Create safety plans with your child so they know what to do if they ever feel unsafe
- Maintain open dialogue so your child will feel comfortable coming to you with questions or concerns

Look for the warning signs in your own child and other children.

Ask questions. Don't assume everything is fine.

Continue to educate yourself

Learn more from the books, documentaries, and websites on TAHT's "Resource Guide"

Read Love 146's Guide for Parents and Caregivers (<https://love146.org/caregivers/>)

Tips from Courtney's House:

- Check your teens' phone -- know who they are calling, and monitor text messages.
- Monitor your teens' Facebook, Instagram, SnapChat and Twitter accounts and have their passwords.
- Know the children your kids are hanging out with (and their parents).
- Always have a chaperone with teens while they are at the mall.
- Inform your children and community about the reality of trafficking: it spans every race, gender and neighborhood in America -- including yours.
- Have clear family rules such as: Under no circumstances are your children and teens to approach a stranger's vehicle; and your teens are to hang around age appropriate friends.
- Request that your teen give you their cell phone overnight.
- Use this website: www.courtneyshouse.org/ as an important resource for honest conversations with your children.